

Beat the Heat

The weather is beautiful, the sun is shining and it is HOT, but are you aware of the dangers? Heat illnesses affect many people every year. Typically, about 240 people in the United States die from heat illnesses each year, according to the National Centers for Disease Control and Prevention. During heat waves, that number has risen to as high as 1,700.

HOT HOT HOT

Heat Illness- disabling complications of excessive heat stress

Dehydration- a process that results in below normal levels of fluid in the body that occurs when the amount of body fluid that is lost is greater than the amount of fluid that is replaced



increased fluid consumption.

Heat Exhaustion: most common, caused by decreased blood volume due to dehydration. Characterized by: dizzi-

Heat cramps: painful spasms of the

skeletal muscle caused by dehydration.

Prevented by proper prehydration and

relieved with gentle stretching, ice and

ness, headache, nausea, profuse sweating, cool/ clammy skin, rapid /weak pulse, body temperature at or slightly below normal. Treatment: remove from hot environment, cool as rapidly as possible.



 Avoid drinks that contain carbonation, caffeine or alcohol. These substances delay the absorption of fluids or increase the urine production leading to dehydration

 Do not rely on thirst. Thirst sensation does not occur until you are already slightly dehydrated http://www.fda.gov/fdac/features/1997/597_heat.html

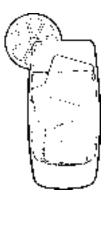
http://www.kidshealth.org/parent/firstaid/heat.html

http://www.healthanswers.com/data base/ami/converted/000056.html http://www.parenthoodweb.com/ parent_cfmfiles/pros.cfm/505

Heat Stroke: the least common but most serious, even fatal. Caused by 1) the body's cooling system has completely shut off or 2) blood volume is so low that the person stops sweating and goes into shock. Characterized by: disorientation, unconsciousness, no sweating, hot/ dry skin, increased body temperature, rapid/ strong pulse. Treatment: rapid cooling, immediate transportation to the hospital.

Here are some tips on how to reduce the likelihood of becoming dehydrated:

- Drink fluids before, during and after exercise or prolonged heat exposure
- Check the color of your urine to see if fluid intake is adequate. Clear/ light colored urine indicates proper hydration



Although everyone is susceptible to heat illness it effects people differently. Physically fit, acclimatized, well hydrated people are more heat tolerant while the elderly and children are more likely to suffer from heat illness. Remember, dehydration does not only occur when you are exercising in the heat. You can become dehydrated when doing other things such as spending a day at the beach, working in the yard, visiting a theme park or any other activity the requires prolonged exposure to heat. Bibliography



